



JULY/AUGUST 2006



**RED BULL
GRAND PRIX
JULY 21-23-06**

ROLEX MONTEREY HISTORIC AUTOMOBILE AUGUST 18-20-06



**MONTEREY
SPORTS CAR
OCTOBER 20-22-06**

Ticket prices will be posted at the ITT Office or on the MWR website.

For more information, call 656-3223.

Monterey County fair



Check with ITT Office for discounted admission tickets to the Monterey County Fair August 15-20, 2006.

Cafe Del Monte



We Proudly Brew



STARBUCKS COFFEE

Great prices!
Quick service!

Café Del Monte is located next to the Knox Library. Open Mon-Wed 0630-1600; Thurs & Fri 0630-1430; Closed weekends and all federal holidays. Open for breakfast 0630-0830; lunch service 1045-1400.

For more information, call 656-2170.

Welcome Aboard New Students and families!

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RDML Richard H. Wells USN
President

COL David Smarsh USAF
Chief of Staff

Pete Dausen
Director, Base Operations Support

Megan Ryan
Quality of Life Director

Darlene Raish
Leisure Services Manager

Samuel Jepsen
Golf Course/RV Campground
Manager

Theresa Ikstrums
Child and Youth Programs Director

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Marketing Coordinator

The Peacock Press is a bi-monthly publication of the MWR Department, Naval Postgraduate School, Monterey. Information may be subject to change without notice.

All phone numbers are in
area code (831)



July Schedule of Classes

TRANSITION AND SPOUSE EMPLOYMENT

Resume Writing - July 6, 1-3 pm, FFSC, Bldg 3 Conference Room.

Interviewing Skills - July 13, 1-3 pm, FFSC, Bldg 3 Conference Room.

Federal Employment System - July 25, 1-3 pm, FFSC, Bldg 3, Conference Room.

Electronic Job Banks - Mon-Fri, Computer time available, FFSC, Bldg 1, Career Resource Room.

Resume and Federal Application Review - no appointment is necessary. Available at FFSC, Bldg 1.

Family Employment Assistance Readiness Program - Mon-Fri, by appointment, FFSC, Bldg 1.

CARIT (Career Information Team) Briefing - July 14, 1-3 pm, FFSC, 1280 Leahy Road, La Mesa.

FINANCIAL

Home Buying - July 27, 1-3 pm FFSC, Bldg 3, Conference Room.

Uniform Services TSP Overview - July 10, 17, 24, & 31, 12 noon-1:30 pm, FFSC, Bldg 3, Conference Room.

Individual Financial Counseling - Mon-Fri, by appointment, FFSC, Bldg 1, (FFSC Counselor).

PARENTING, FAMILY AND COUNSELING

Chess Club - Building Confidence: Beginning Class, K thru 5th grades every Wednesday from 1:30-2:30 pm, at La Mesa Activity Center.

Toddler Group: Every Friday 10-11:15 am, 1281 Leahy Road, La Mesa (Downstairs).

Individuals, Couples & Family Counseling: Mon-Tues, Thurs & Fri: 8:30 am-4:30 pm; Wed: 10 am -4:30 pm, FFSC (2nd floor).

RELOCATION, INFORMATION & REFERRAL

Smooth Move: Every Thurs & Fri, 9-10 am, FFSC, Bldg 1 (Resource Room).

VOLUNTEER PROGRAM

Volunteer opportunities are available at Fleet and Family Support Center.

For full description of FFSC workshops, visit us at
<http://www.nps.edu/ffsc/index.html> or call 656-3060.



Single Sailors

WHITE WATER RAFTING AMERICAN RIVER August 11-13, 2006



Cost: \$40.00 single sailors and geo bachelors; \$149.00 other military; \$199.00 guests. Cost includes: Camping equipment, rafting equipment and transportation. Coolers are available for any food and drinks you need to bring. Sign up at the ITT Office by Friday, 4 August 2006. Pick up in front of the NPS Exchange at 1715.

For more information, call Regina at 656-7955/3223.



The Navy Lodge's objective is to provide every guest with affordable, clean, comfortable and well-appointed accommodations for military personnel and their families. Navy Lodges serve all active duty military members and their families, retired military, members of the Armed Forces Reserves and Department of Defense personnel on official orders. You work hard to find the best accommodations at the best rate. We work just as hard to deliver them plus we add great service! The Navy Lodge is committed to providing our guests the best value anywhere. For reservations, call (831) 372-6133.



The following MWR facilities will be closed on Monday, 4 July 2006 in observance of



ADMINISTRATION AND CATERING OFFICES
CAFÉ DEL MONTE
CHILD DEVELOPMENT CENTER
CLUB DEL MONTE
INFORMATION TICKETS & TOURS
MWR BUSINESS OFFICES
MONTEREY BAY ATHLETIC CLUB
TECH CONNECTION/TEEN & YOUTH CENTER



Outdoor Recreation
Presidio of Monterey
Bldg. 228, Lewis Hall, POM
Open M-F 10:30 am - 2 pm & 3-6 pm
Tel: (831) 242-6133/5506
Check out www.pom-odr.com

ADVENTURE SPORTS	DATE	COST
Open Water 1 Scuba Class	July 1-4, 2006	\$199.00
Kayak and Fireworks	July 4, 2006	\$40.00
White Water Rafting	July 7-9, 2006	\$149/199
Kayak and Snorkel	July 8, 2006	\$40.00
Surf Lesson	July 15, 2006	\$40.00
White Water Rafting	July 21-23, 2006	\$149/199
Knot Tying Class	July 27, 2006	\$20.00
Water Skiing	July 28-30, 2006	\$149.00
Rock Climbing Class	July 29, 2006	\$40/50
Surf Lessons	August 4, 2006	\$40.00
Big Sur Camping	August 4-6, 2006	\$59.00
Open Water 1 Scuba Class	August 5-13, 2006	\$199.00
White Water Rafting	August 11-13, 2006	\$149/199
Kayak Tomales Bay	August 18-20, 2006	\$149.00
Water Skiing	August 19, 2006	\$50.00
White Water Rafting	August 25-27, 2006	\$149/190

VETERINARY TREATMENT FACILITY

Bring your pets to the Presidio of Monterey's Veterinary Treatment Facility, Bldg. 4380, located on the Ord Military Community and is open Monday to Friday from 8:00 a.m. to 12:00 p.m. and 1:30 to 3:00 p.m. The facility offers vaccinations, an outpatient clinic, heartworm testing, microchip identification, health certificates, pet registration and over-the-counter sales. Call (831) 242-7718 to verify hours and eligibility. For emergencies, please contact your local veterinarian.

GENERAL STILLWELL COMMUNITY CENTER BINGO





Play Bingo at the General Stillwell Community Center, Bldg 4260 on the Ord Military Community every Tuesday and Thursday starting at 6:00 pm. The minimum buy-in is \$20.00 and the total jackpot payout is \$8,000.00 per session.

For more information call (831) 242-7801.

MWR July 2006 Calendar of Events

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLUB DEL MONTE CLOSED Happy July 4th Weekend!	4 CLOSED 	5 FAMILY NIGHT Dinner Special Trident Room 1600-2100 SEAFOOD LINGUINI Adults \$9.50 Kids 5-10 \$4.75	6 Every Thursday Dinner Special Trident Room 1600-2100 CANNELLONI ROVENNA Adults \$8.50 Kids 5-10 \$4.25	7 CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN" PROMOTIONS
10 Monday 10, 17, 24 & 31 Dinner Special Trident Room 1600-2100 SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50	11 Try our popular Tuesday Night Dinner Special Trident Room 1600-2100 "Moist & Tender" PRIME RIB Adults \$13.00 Kids 5-10 \$6.95	12 FUN WITH DICK AND JANE (PG 13) 1900 Dinner Special SEAFOOD LINGUINI	13 Trident Room 6 X 6 SPECIAL Monday-Friday Order one of our delicious hamburgers or cheeseburgers by 6:00 pm and pay only \$6.00. This burger ships with choice of fries or slaw, & one of our ten draft beers or a fountain beverage.	14 CAFÉ DEL MONTE HOURS MON-THURS 0630-1600 FRI 0630-1430 BREAKFAST 0630-0830 LUNCH 1045-1400
17 Dinner Special SEAFOOD CIOPPINO	18 Dinner Special "Moist & Tender" PRIME RIB	19 VALIANT (G) 1900 Dinner Special SEAFOOD LINGUINI	20 Dinner Special CANNELLONI ROVENNA	21 TRIDENT ROOM TGIF FREE APPETIZERS OFFERED EVERY FRIDAY AT 1600 DINNER SERVICE 1600-2100
24 Dinner Special SEAFOOD CIOPPINO	25 TRIDENT ROOM APPETIZER SPECIAL Buy one appetizer at \$4.00 or greater get the 2nd appetizer for \$2.00 Bring a friend!	26 JUST FRIENDS (PG 13) 1900 Dinner Special SEAFOOD LINGUINI	27 Dinner Special CANNELLONI ROVENNA	28 MONTEREY PINES 19TH HOLE GRILL OPEN MON-WED 0900-1700 THURS-SUN 0700-1700 CALL 656-2167
31 Dinner Special SEAFOOD CIOPPINO	CAFÉ DEL MONTE PROUDLY BREWS STARBUCKS COFFEE DAILY SPECIALS! GREAT PRICES! QUICK SERVICE!	MONTEREY PINES 19TH HOLE GRILL WEDNESDAY LUNCH SPECIAL CHICKEN GUMBO WITH RICE \$5.75 CALL 656-2167	 FRIDAY LUNCH SPECIAL El Prado Dining Room South of the Border Treat every Friday for the month of July and August. We will feature our delicious Taco Bar to include fresh ground chicken seasoned with lime, sauteed in garlic and cilantro; fresh ground beef flavored with Taco seasoning served with Spanish Rice and Black Beans.	

MWR August 2006 Calendar of Events

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Every Monday Dinner Special Trident Room 1600-2100</p> <p>SEAFOOD CIOPPINO Adults: \$11.00 Kids 5-10: \$5.50</p>	<p>1</p> <p>Every Tuesday Dinner Special Trident Room 1600-2100</p> <p>"Moist & Tender" PRIME RIB \$13.00 Kids 5-10 \$6.95</p>	<p>2</p> <p>THE SHAGGY DOG (PG) 1900</p> <p>Every Wednesday FAMILY NIGHT Dinner Special Trident Room 1600-2100</p> <p>SEAFOOD LINGUINI Adults \$9.50 Kids 5-10 \$4.75</p>	<p>3</p> <p>Every Thursday Dinner Special Trident Room 1600-2100</p> <p>CANNELLONI Adults \$8.50 Kids 5-10 \$4.25</p>	<p>4</p> <p>MONTEREY BAY ATHLETIC CLUB OPEN MONDAY-FRIDAY 5:30 AM-9:00 PM SATURDAYS 8:00 AM-4:00 PM SUNDAYS 11:00 AM-4:00 PM CLOSED ALL FEDERAL HOLIDAYS</p>
<p>7</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>8</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>9</p> <p>THE PRODUCERS (PG 13) 1900</p> <p>Dinner Special SEAFOOD LINGUINI</p>	<p>10</p> <p>TRIDENT ROOM APPETIZER SPECIAL</p> <p>Buy one appetizer at \$4.00 or greater get the 2nd appetizer for \$2.00</p> <p>Bring a friend!</p>	<p>11</p> <p>MONTEREY NAVY FLYING CLUB OFFERS EXCELLENT OPPORTUNITIES FOR AIRCRAFT RENTALS, RECREATIONAL FLYING AND PROFESSIONAL FLIGHT TRAINING. INFO, CALL 372-7033</p>
<p>14</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>15</p> <p>Trident Room 6 X 6 SPECIAL</p> <p>Order one of our delicious hamburgers or cheeseburgers by 6:00 pm and pay only \$6.00. This burger ships with choice of fries or slaw, & one of our ten draft beers or a fountain beverage.</p>	<p>16</p> <p>EIGHT BELOW (PG) 1900</p> <p>Dinner Special SEAFOOD LINGUINI</p>	<p>17</p> <p>Dinner Special CANNELLONI</p>	<p>18</p> <p>BLUEWATER COVE MARINA UNDER THE MANAGEMENT OF MONTEREY SAILING OFFERS DISCOUNTED INSTRUCTION AND CHARTER RATES. CALL: 372-9463</p>
<p>21</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>22</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>23</p> <p>NANNY MCPHEE (PG) 1900</p> <p>Dinner Special SEAFOOD LINGUINI</p>	<p>24</p> <p>Dinner Special CANNELLONI</p>	<p>25</p> <p>THE TECH CONNECTION/TEEN & YOUTH CENTER OFFERS BOYS AND GIRLS CLUB OF AMERICA PROGRAMS. FOR MORE INFO, CALL 656-2127.</p>
<p>28</p> <p>Dinner Special SEAFOOD CIOPPINO</p>	<p>29</p> <p>Dinner Special "Moist & Tender" PRIME RIB</p>	<p>30</p> <p>BIG MOMMA'S HOUSE 2 (PG 13) 1900</p> <p>Dinner Special SEAFOOD LINGUINI</p>	<p>31</p> <p>Dinner Special CANNELLONI</p>	<p>THE CHILD DEVELOPMENT CENTER IS OPEN TO ACTIVE DUTY MILITARY, RESERVISTS IN ACTIVE DUTY STATUS & DOD CIVILIANS. CALL 656-2734</p>



Located in
HERRMANN HALL
near the
QUARTERDECK

Open
Monday-Friday
9:30 a.m. - 1:30 p.m.
2:30 - 4:30 p.m.

Closed Weekends
and
Federal Holidays

JULY	UPCOMING ITT TOURS	PRICE
1	Hornblower Dinner Cruise, San Francisco	\$120.00
9	Marine World	\$55.00
15	San Francisco Get Acquainted Tour	\$30.00
29	Water Ski Tour, Lake San Antonio	\$149.00
AUGUST		
12	Monterey Local Wine Tour	\$39.00
19	Winchester Mystery House	\$40.00
26	Raging Waters Tour	\$45.00



*Local Area
Amusement Parks
Special Events*

BONFANTE GARDENS

July 1, 06: Picnic, Hot rod and Classic Car Show
July 4, 06: Independence Day Celebration BBQ

GREAT AMERICA

July 1-3, 06: Fireworks Weekend
July 22, 06: Mariachi and Folkloric Mexican Fest
August 6, 06: Fiesta Hispania
August 12, 06: Praise Day

SANTA CRUZ BEACH AND BOARDWALK FREE CONCERT ON THE BEACH!

Two concerts every Friday night 1830 and 2020 until September 1, 2006. Enjoy unlimited rides during the day for only \$22.00 and then relax at night listening to the free concerts!

Stop by ITT Office for more discounted tickets.

2006 ENTERTAINMENT BOOKS



Don't wait to get coupons to use at local restaurants, attractions, and more! The 2006 Entertainment Books sell for \$20.00. Get them while they're hot!

GIFT CHECK BOOK



Save money on our local dining, entertainment and retail establishments with the "Gift Check Book." This \$10.00 book is a must to have for the 2006 season!!! Hurry while supply lasts.

HERE'S TO THE HEROES!

Sea World is still free for active duty U.S. Military. Just go on line to www.seaworld.com and hit the "Here's to the Heroes" link.

San Diego Zoo and Wild Animal Park is also offering free admission to active duty military personnel.

DEEP SEA FISHING & WHALE WATCHING



Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$21.00 for adults and \$16.00 for children 2-11 years. Prices for fishing start at \$52.00 per person. Gear and license are extra.

OAKLAND A'S BASEBALL TICKETS ON SALE!



Oakland A's Baseball Tickets now on sale for \$16.00! Great seats! Section 215 Row 4 for weekend games throughout the season. Special orders for weekday games can be placed in advance.

July 1: Diamondbacks;
July 3: Detroit Tigers; July 8: LA Angels;
July 28 & 29: Toronto Blue Jays;
August 11, 12 & 13:
Tampa Bay Devil Rays.

Stop by ITT Office for more information or call 656-3223.

**INFORMATION TICKETS AND TOURS
WILL BE CLOSED ON MONDAY, 3 JULY AND
ON TUESDAY, 4 JULY 2006
IN OBSERVANCE OF INDEPENDENCE DAY.**

SPORTS



SUMMER BASKETBALL LEAGUE

League begins: July 11, 2006
Rosters due: July 7, 2006
Coaches meeting: July 7, 2006 at the Gym
Games played: Every Tuesday only
Time: 1810, 1910 and 2010

ADULT SOCCER

League begins: July 15, 2006
Rosters due: July 7, 2006
Games played: Saturdays only
Time: 1000 and 1130



SOFTBALL LEAGUE

League begins: July 10, 2006
Rosters due: July 7, 2006
Games played: Monday-Thursday
Time: 1810, 1910, 2010 and 2110

SUMMER VOLLEYBALL LEAGUE

League begins: July 13, 2006
Rosters due: July 6, 2006
Games played: Every Thursday only
Game time: 1800, 1900 and 2000



For more information, call Sue at 656-2497 or 656-3118.



THERAPEUTIC MASSAGE

Help improve performance, decrease pain and promote relaxation!

(Male or Female therapist now available)

Fees: \$60.00 for 60 minutes massage session.
\$90.00 for 90 minutes massage session.

"Gift Certificates are available"

For appointments, please call 656-3118.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
0630-0730	CIRCUIT TRAINING		PT-RUN		CARDIO KICK
1000		YOGA		YOGA	
1100	MUSCULAR POWER FLEX		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX
1200	CARDIO KICK	SPIN	CARDIO KICK	SPIN	
1630		MUSCULAR POWER FLEX		MUSCULAR POWER FLEX	
1730	SPIN	STEP	SPIN	STEP	
1830	JUDO	CAPOEIRA	JUDO	CAPOEIRA	



WEIGHT LOSS & STRENGTH/CORE FITNESS PROGRAM

July 13-September 7, 2006
Every Thursday 11:00 am-12:00 noon

This is an eight-week weight loss and strength/core Fitness Program. This is a lecture only class, however free instructional aerobic classes are built into the program. Class includes: Nutrition education and strength/cardiovascular training class. Come and be taught by a Registered Dietitian and by your resident Fitness Specialists/Trainers (B.S. Physical Education). Body fat measurements will be taken at the beginning and at the end of twelve weeks. Take the challenge even if you cannot come to the weekly class. Call 656-1943 for details.

SUMMER FITNESS CLASSES

Every Thursday 11:00 am-12:00 noon

The following fitness classes will be available at the Fitness Center. Free to all members (military active, retired, reserves, DOD and family members).

July 20: Strength Training the big picture.
July 27: Cardiovascular Training.
Aug 3: Nutritional Education
Aug 10: Strength Training incorporating Core Work
Aug 17: Cardiovascular Training Techniques
Aug 24: Nutrition Strategies
Sept 7: Strength "the next level"
Sept 14: All Elements of Fitness

FITNESS EDUCATION/PROGRAMMING INSTRUCTOR'S CLASS (military instructor's)

July 10-20, 2006
Monday-Thursday 3:15-5:15 pm
FREE

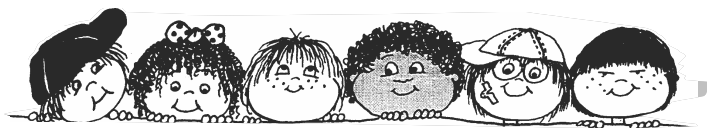
This 16 hour Navy Fitness Training Instructor's Course was developed by the CNI-Millington Detachment. It provides PT techniques and programming ideas to assist any potential Physical Training Instructor (any branch of service) or Naval Command Fitness Leaders (CFL). A test and a Certificate of Completion are given at the end of the 16 hours of instruction. In addition to learning techniques for warm ups, strength training, cardiovascular training and nutrition. Fitness Leaders will be able to plan and develop successful fitness programs (FEP programs etc).

Contact the Fitness Center at 656-3118 for details.

The Monterey Bay Athletic Club will be open on Monday, 3 July 2006 from 0630 to 1830. Closed on Tuesday, 4 July 2006 in observance of Independence Day.



*Welcome aboard to our new
Child and Youth Program Director
Theresa Ikstrums and our new
Training and Curriculum Specialist
Kathleen Murphy!*



**PARENTS'
ADVISORY BOARD MEETING
Tuesday, 8 August 2006
4:30 P.M.**

The Child and Youth Program is recruiting members for our Parent Advisory Board. Interested parents should contact Theresa Ikstrums at 656-2734.

CHILD DEVELOPMENT CENTER

"CDC is the place to be!"
2 La Mesa Way, Building 439

If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

We also offer a
**Life Skills Readiness Part Day
Preschool Program &
Jellyfish Drop In Program**

THE CHILD DEVELOPMENT HOME PROGRAM OFFERS

**Navy Certified Care by Military
Family Members in Their Homes.**



Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.



**BOYS & GIRLS CLUBS
OF AMERICA**

The Tech Connection, Teen and Youth Center is a proud member of the Boys and Girls Club of America. We offer programs developed by the Boys and Girls Club of America.

The Tech Connection/Teen & Youth and the Child Development Programs will be closed on Tuesday, 4 July 2006 in observance of Independence Day.

For more information, please call 656-2127.

JAZZERCISE FOR ADULTS



Classes are held every
Tuesday & Thursday 9:30-10:30 am.

Monday, Wednesday & Friday
4:30-5:30 pm.

Cost \$35.00 per month; \$25.00 bi-weekly;
\$7.00 per class



TENNIS LESSONS

with Jimmie Brooks
La Mesa Tennis Court
Ages 6-15



Tuesdays: 3:45-4:45 pm

Thursdays: 4:00-5:00 pm

Open to military and DOD families.
Minimum 4 students per class. Maximum 7 students
per class. Cost: \$72.00 per eight lessons
Private lessons are available by appointment.
Cost: \$35.00 per hour

To register, call the Tech Connection at 656-2127.

JULY/AUGUST 2006 OPEN RECREATION ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sports, Games, Cooking, Arts & Crafts	4 Happy July 4th ★ ★ ★ ★ ★	5 Santa Cruz Beach & Boardwalk \$25.00 10:00 am-6:00 pm	6 Movies \$7.00 1:45-4:15 pm	7 Magic Mountain \$50.00 24 hours
10 Sports, Games, Cooking, Arts & Crafts	11 Swimming \$5.00 1:45-4:15 pm	12 Sports, Games, Cooking, Arts & Crafts	13 Skating \$5.00 1:45-4:15 pm	14 Raging Waters \$28.00 9:00 am-6:00 pm
17 Sports, Games, Cooking, Arts & Crafts	18 Jump Around \$5.00 1:45-4:15 pm	19 Mini Golf \$10.00 1:45-4:15 pm	20 Sports, Games, Cooking, Arts & Crafts	21 Bowling \$10.00 1:45-4:15 pm
24 Sports, Games, Cooking, Arts & Crafts	25 Rock Gym \$5.00 1:45-4:15 pm	26 Movies \$7.00 1:45-4:15 pm	27 Sports, Games, Cooking, Arts & Crafts	28 Skating \$5.00 1:45-4:15 pm
31 Sports, Games, Cooking, Arts & Crafts	1 10th St. Ceramics \$15.00 1:45-4:15 pm	2 Sports, Games, Cooking, Arts & Crafts	3 Bowling \$10.00 1:45-4:15 pm	4 Back to School Party 11:00 am



The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

www.navyflyingclubs.com/monterey

MEMBERSHIP FEES

Monthly dues: \$25.00 Initiation fee: \$50.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club. Ground and Flight Instruction: \$25.00/hour.

COST SHARING: Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

AIRCRAFT RENTAL RATES



Beech (T-34) \$125.00



Cessna 152 (IFR) \$64.00



Cessna 172 (IFR) \$78.00

All rates are on an hourly basis including fuel.

MONTEREY SAILING



**Breakwater Cove
32 Cannery Row Suite J.
Monterey, CA 93940
Tel: (831) 372-9463
Fax: (831) 372-9464
www.montereysailing.org**

Monterey Sailing provides opportunities for learning to sail in a safe, professional environment and then to continue sailing without the responsibility and expense of owning a boat.

Offers discounted instruction and charter rates.

AMERICAN SAILING ASSOCIATION CERTIFICATION

Basic Keelboat	\$300.00		
Basic Coastal Cruising	\$350.00	Offshore Cruising	\$600.00
Bare Boat Chartering	\$350.00	Complete (BKB+BCC	
Coastal Navigation	\$600.00	+BBC)	\$900.00

Note: Minimum of three students per class.

BARE BOAT CHARTERS

Capri 14	\$20.00 /hour \$30.00/day
Prindle 16 Catamaran	\$20.00/ hour \$30.00/day
Santana 22, Capri 22, Ranger 23	\$15.00/ hour \$30.00/day
Buccaneer 30 (Hanalei)	\$25.00/hour \$40.00/day
Boston Whaler (13 Ft.)	\$20.00/hour \$70.00/day



MWR ADVISORY BOARD MEETING WEDNESDAY, 12 July 2006

The next MWR Advisory Board Meeting is set for Wednesday, 12 July 2006, at 12:00 noon in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-2502.



Golf instruction available from your certified golf instructors.



**SAMUEL JEPSEN/
DAVID ARANCIO**



BOON CHATIVONG

MONTEREY PINES GOLF COURSE 19TH HOLE GRILL



FOOD SERVICE OPERATION

Monday - Thursday: 7:30 am - 3:00 pm

Friday-Sunday: 6:30 am - 3:00 pm

19th Hole Grill offers breakfast and lunch daily.

Wednesday Lunch Special
CHICKEN GUMBO WITH RICE \$5.75

Come by for a treat from Chef Jim Vose.

For more information, please call 656-2167.

Tournament dates available. Military Tournament \$29.00/ player. Includes green fee, cart and prize fund.

GOLF SHOP SPECIALS

Meet the New PGA Professional Special: Free one hour Full Swing Clinic with PGA Professional Sam Jepsen, every Monday for the month of July 6:00-7:00 pm.

Merchandise Special: 20% off All Navy Collection Apparel.

"Bucket Lunch" Special: Large Bucket of Range Balls and Hot Dog, drink and chips for \$7.00.

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

EARLY TWILIGHT SPECIALS

Monday-Thursday 2:00 pm twilight rates:

Military walking \$12.00
Military riding \$20.00 each player
Single rider \$22.00
Civilian walking \$17.00
Civilian riding \$24.00 each player
Single rider \$26.00

Monday-Sunday 4:00 pm super twilight rates:

Military walking \$10.00 Military riding \$17.00
Civilian walking \$12.00 Civilian riding \$20.00

For more details, call 656-2167.

**Welcome aboard to our new
Golf Course/RV Campground Manager
Sam Jepsen!**

NSD, MONTEREY (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2502.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays

Hot Breakfast: 6:45 - 9:00 a.m. Weekdays

Lunch: 10:45 a.m. - 1:30 p.m. Weekdays

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours).

Hours of Operation:

Beverage Service: 4:00 - 10:30 p.m. Monday - Wednesday

3:00 - 10:30 p.m. Thursday & Friday

Dinner Service: 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170.

CAFÉ DEL MONTE - Located next to Knox Library. Open Monday-Thursday 6:30 a.m.-4:00 p.m.; Fridays 6:30 a.m. - 2:30 p.m. Closed weekends and all federal holidays. Open for breakfast 6:30-8:30 a.m.; lunch 10:45 a.m.-2:00 p.m.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 1:30 p.m. 2:30 - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8:30 a.m. - 5:00 p.m. Closed weekends and federal holidays. Phone: 656-7954.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 1400-1800 while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days 0730-1800. Youth & Teen Open Recreation, 1400- 1800 Monday through Friday while school is in session and 1100-1800 during breaks. Closed all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB - (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 4:00 p.m.; Sundays 11:00 a.m. - 4:00 p.m.; closed all federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily at 6:30 a.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Office Hours Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 372-9463.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 9 a.m. - 5:30 p.m. Closed weekends and federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.

NPS U.S. POST OFFICE - Open Monday through Friday, 9:30 a.m.-3:30 p.m. Tel: 333-1734.

EAGLE'S EYE GALLERY - Herrmann Hall basement (Bldg 220). Open Monday through Friday 11:00 a.m. - 3:00 p.m. Tel: 372-3565/333-1734.



Peacock Press

Morale, Welfare and Recreation Department
Naval Support Detachment, Monterey
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!
www.mwr.nps.navy.mil